



COOLMINE

SPRING NEWSLETTER 2021



COOLMINE
THERAPEUTIC
COMMUNITY

WHAT'S INSIDE

Welcome • P. 2

Ann Marie's Story • P. 4

Services Update • P. 6

Meet Wendy • P. 8

Ministerial Visit • P. 10

Support Us • P. 12

Our Partners • P. 14

Our Wish List • P. 15



"Coolmine helped me to find my spirit. They reminded me that they respected me even when I didn't know who I was."



Lord Paddy Rossmore
Coolmine Founder

CHIEF EXECUTIVE WELCOME

It is with great sadness that we learned that our founder, and friend, Lord Paddy Rossmore passed away peacefully in his home in London 4th May past. Paddy was a gentle, compassionate and visionary man.

In 1972 Paddy successfully canvassed support to open the first voluntary residential treatment centre in Ireland, Coolmine Lodge. Following much research, Paddy chose the therapeutic community (TC) model for the service. From these early beginnings, we have grown to be a sector leader, in the provision of evidence based, quality assured addiction treatment and support services in Ireland. Through our contact over the years, Paddy visited Coolmine frequently, and was very proud of the organization that grew from those early beginnings. His vision to help people recover from addiction and achieve their full potential shall live on in Coolmine.

The last year has been difficult for all of us as we navigated our way through Covid. In Coolmine we worked tirelessly to ensure our doors didn't close. All our services have remained open throughout every level of Covid restrictions and remain so. We increased our service delivery during the pandemic to support those in need.

In collaboration with the HSE, and peer agencies, we opened a Covid positive unit for homeless people in Dublin, put in place Isolation Support Teams and supported delivery of the Winter Plan initiatives in Dublin and Cork during the second and third Covid waves. Our residential services remained open with slightly reduced capacity due to social distancing measures. We implemented new systems of client pods and isolation beds to minimise the risk of Covid outbreaks. Our community and day services have remained operational with prevention measures including online and face to face blended programmes to control numbers in facilities.

The impact of Covid on our clients in day services and aftercare service has been huge. Overnight our clients went from having structure and purpose in their lives to a lack of structure and sense of fear and at times distress due to the uncertainty that Covid brought into all our lives. Although the rate of relapse increased in this group we've seen tremendous resilience from graduate and peer networks kicking in to support each other throughout the pandemic.

We've seen exciting growth in our organisation throughout the last few months, as our national service delivery expands. We opened a community-based service in Mahon House, William Street in Limerick. Our new Mid-West team are establishing pathways to treatment through the provision of case management, targeted outreach and structured day programmes. During Q3 2021 we shall progress with the delivery of residential beds for women and children. In Cork and Kerry we are progressing with the setting up of an additional 5 hubs across the region that shall provide drug and alcohol support services to individuals and families impacted by problem substance use.



Pauline McKeown
Chief Executive

Throughout this busy and unprecedented time our staff have still continued with their development, learning and training programmes. Thanks to Rethink Ireland fund we have expanded our Parents under Pressure programme to support more families experiencing high level of needs. We have 2 community PuP Therapists now working in local communities in Dublin region.

Although recent times have brought unique challenges to us all as a nation, we have continued to receive incredible support from individuals and companies alike. I would like to take this time to thank our Friends of Coolmine who continue to donate every month, the communities who have come together to welcome and support us and of course our generous corporate partners who help us to provide our services. Your support has been invaluable to us as we had to meet the unexpected challenges of Covid. This ranged from PPE supplies, Garden rooms to enable family visits and the kit out of isolation rooms in our residential services. We are so grateful for this generous support that assisted us to continue to provide our essential services. This generous support bolsters us in these unusual times.

As we emerge from Covid and society reopens we will continue to see this increased demand for our services, as a result of the isolation we have collectively experienced. We will continue to work to remove this isolation and I hope you will join us. Together, we do recover.

Thank You,

Pauline



ANN MARIE'S STORY

I came to Coolmine nine years ago from prison. At that stage I had lost five of my kids into care. My family had turned their back on me. I remember walking down the street and my family would drive past me. I couldn't even blame them because the state that I used to be in, the charges I got into and the things that I'd done for drugs were unbelievable.

Drugs robbed me of my soul and robbed me of my spirit. By the time I got to the door of Coolmine I had been broken. I had lost everything and there was nothing else to live for. I said I'll give this a chance because there was nothing else waiting for me. My kids were gone and all that was waiting for me out there was drugs and prison or maybe death.

So, I took the chance and about nine years ago I came to Ashleigh House. It is a struggle as a Travelling woman in the family and in the community to be able to ask for help. When I came to Coolmine I thought I was going to be treated with the same discrimination I had been treated with most of my life, but it was different. I was respected and treated equally and I think if I hadn't then I wouldn't be sitting in this chair nine years later. I am delighted to be able to speak on behalf of Travelling women in addiction.

The barrier for me is communication - being understood as a Traveller and facing discrimination. I think being recognized as an ethnic group is the most important thing. When I went into Ashleigh House it was hard, but it was easier because I was understood as a Traveller and taken as a Traveller woman. They taught me a lot of coping skills. They taught me how to be myself and that I wasn't judged as a Traveller. I was treated just the same as everybody else and without their support I don't think I'd be here today.

I think organizations have to understand that when you're coming from a Traveller background, especially as a Travelling woman it's harder to admit to your family and to the community that you need help and how you are looked on for being an addict. You need support and you need to know that when you go to places for support that you're respected as a Traveller and not treated any differently. Thank God I was in the right place at the right time and I met the right people.

Coolmine helped me to find my spirit. They reminded me that they respected me even when I didn't know who I was. I didn't know what I wanted and I didn't really know anything about myself. Drugs and addiction had taken that all away from me. I didn't know how to build relationships with my family and I didn't even know how to be a mother to my five kids.

Slowly and surely, step by step, I started to believe maybe I could do this. I started finding strength and with Coolmine's help and support they taught me how to be who I am today and how to be a mother. I got my five kids back and I got a home. I work

at the moment and yes, I have difficulties today, but not like back then. Back then I was broken but today I can honestly say I would not be sitting in this chair without Coolmine's support, and without my own faith and my own strength.

To any woman out there that's struggling in addiction: if I can do it, any woman can do it. We have the strength to do anything. Strength of a woman - you can't beat it!



"I would not be sitting in this chair without Coolmine's support, and without my own faith and my own strength."



ABOUT COOLMINE

We continue to deliver our full suite of services in line with Public Health guidance to mitigate exposure to and the potential spread of Covid-19. Coolmine's Covid Coordinator liaised regularly with Public Health. At Coolmine, we provide a range of quality community, day and residential addiction treatment services to vulnerable members of Irish society.

We provide treatment for homeless people, including pregnant women, women with young children, traveller community members, prisoners and those with mental health/trauma issues. Our vision is that everyone should have the opportunity to overcome addiction and live a fulfilled and productive life.

We operate the only mother and child residential treatment in Ireland, Ashleigh House supporting 24 women and 17 children located in Dublin 15. The service supports women, pregnant women and women with young children who are homeless. Our commitment to those who need our help will continue to remain throughout the challenging Covid-19 time, as now more than ever, people need our services.



Men's Residential Services:

- Coolmine Lodge, Dublin

Women's Residential Services:

- Ashleigh House, Dublin
- Proposed: County Limerick

Community & Day Services:

- Coolmine House, Dublin
- DIS CAT, Dublin
- Coolmine Midwest, Urrerick
- Cork North City
- Cork South City
- East Cork
- West Cork
- North Cork
- Kerry

Administrative Office:

- Ringwood, Dublin



We now have Social Inclusion outreach and homeless outreach services in place in Dublin, Cork and Limerick.

We have 10 staff onboarded in our Limerick service, under the leadership of our Mid-West Service Manager, Team Leader and Childcare Team Leader. Our community-based service is located in Mahon House, William Street. Pre-entry groups and one to one support is being delivered from the facility currently and final minor refurbishment works are underway.

Our Service Manager is progressing with local stakeholders to identify a temporary premise to commence delivery of the family residential placements in 2021 (8-10 bed unit).

Lisa Larkin, Head of Services, is leading on the project with HSE Cork/Kerry. We have recruited the Regional Manager, and Team leaders for the Community Services.

WENDY O'BRIEN TEAM LEADER COOLMINE LODGE

There is not just one thing that makes Coolmine special. In my opinion we are special because of the work we do with the most vulnerable members of society. We do not shy away from complex cases and always strive to meet the challenges presented to us face on.

Our programme is very unique in the approach that we use. The Therapeutic Community uses Community as method as our approach and in simple terms it means we are a self-help programme where our clients support each other in a peer led approach. Our programme is structured into three different phases spanning over a minimum of twelve months with at least five of these months spent in a residential setting. While in residential the clients are fully supported and empowered without being enabled. We treat the whole person, and their families should they wish to avail of this.

An average day in Coolmine Lodge cannot be predicted. I have set tasks for each day but this can change at the drop of a hat, the needs of the community must always come first. Working from a servant leadership approach, I lead and serve my team to the best of my ability. The team in turn serve the clients providing them with excellent care and support. This is the positive ripple effect of servant leadership.



WENDY O'BRIEN

"Coolmine is special because of the brilliant, selfless staff that work here and more so, the unique people that we get the privilege to work with."

We work alongside people to support them to make the appropriate changes needed to lead a fulfilling life. The changes each person makes in Coolmine has a positive ripple effect within their own family and their community. Aside from the funding we receive from different sources, we are a charity and rely heavily on the generosity of others to provide some of the services that we have. With the current pandemic restrictions in place all of our fundraising events had to be cancelled so we will be stretched to provide all of these much-needed services to our clients and their families. We have remained open throughout the pandemic providing treatment, care, security and support to some of the most vulnerable and marginalised people in society.

Coolmine is special because of our adaptability to work with what is presented to us. Coolmine is special because of our outcomes and finally Coolmine is special because of the brilliant, selfless staff that work here and more so, the unique people that we get the privilege to work with. If you can support Coolmine in any way to help us to continue to provide our services, no matter how small, we would be extremely grateful.



MINISTERIAL VISIT TO COOLMINE

On Friday 23rd April An Tánaiste Leo Varadkar and Minister of State with responsibility for Public Health, Well being and National Drugs Strategy Frank Feighan visited our Residential Services, along with Senator Emer Currie, Councillor Ted Leddy and HSE CH09 Social Inclusion Manager, Brian Kirwin. Our guests were led on an outdoor tour of our services and heard directly from our clients on their experiences. Thank you to our guests for their compassion and empathy towards our clients and their families.



Ministers visited Coolmine Ashleigh House, 22 bed residential treatment centre for women, pregnant women and women with young children, the only one in Ireland. We were delighted to share the progress being made in collaboration with HSE Mid West on establishing the second family service in the Mid West in 2021. Our guests had the unique opportunity to informally meet with all the residents of Ashleigh House, hear first-hand their

life stories, the challenges they have overcome and their hopes for the future. During their tour of our Dublin 15 services, Ministers visited our onsite Early Years Crèche and Pre-school which was visited by our onsite Early Years Crèche and Pre-school staff and experienced first-hand the positive impact for mums as they participate in their residential treatment with their babies and young children. Our Residential Service Manager, Anita Harris, briefed our guests on our implementation of the internationally evidence based Parents Under Pressure programme (PuP) as part of Coolmine's commitment, and service delivery, to break generational cycles of addiction in families impacted by problem substance use in Ireland.



Ministers met with our Head of Services, Mid West Regional Service Manager and South West Regional Service Manager to hear about how we are in collaboration with Health Service Executive and key stakeholders expanding evidence based drug and alcohol services nationally. This is in line with our current National Drugs Strategy; Reducing Harm Supporting

Recovery 2017-2025 which commits to improving the geographical spread of treatment services in Ireland. Our staff detailed the pathways to treatment and recovery services for individuals and families impacted by problem substance use that are being created. In addition, the employment opportunities that the service expansion creates locally in the regions. They have seen first-hand that our residential services have remained open throughout every phase of Covid restrictions, and heard about the increasing demand for our services nationally, as a result of rising problem drug and alcohol use during the pandemic.



Minister Feighan had the opportunity to meet with our dedicated Social Inclusion Case Worker in North County Dublin to hear how our services are made accessible to the needs of people who use drugs and alcohol from specific communities including the Traveller community.



HOW YOU CAN SUPPORT US

If you're struggling to think of ways to stay entertained at home, we've got you covered. While our usual volunteer fundraising is postponed, why not get involved at home by hosting a virtual event for you and your friends and family. Have a look at some of the suggestions below and download our ready-to-use packs.

Missing nights out to the cinema with your friends? Why not get them all involved and arrange a movie night online.



Open our ready-to-go bingo kit for cards and an online number picker. Have some distanced fun while doing some good.

Add some culture to your social life with a paint party for a good cause! Have a chat and a catch up over a fun and creative evening.



Test your trivia skills against family and friends with a virtual quiz night. Whether you're a history buff or a sports nut, we've got your questions and answers ready to go!

Bring art to life at home! Challenge your friends and family to recreate a work of art with objects (and people) from the comfort of their own home!



[FIND OUT MORE](#)

BECOME A FRIEND OF COOLMINE

We work with over 1,500 people each year to support them and their families as they commence their journey to overcome their addiction. By committing to make a regular gift to Coolmine you are helping us provide this support

€10

Your monthly gift of €10 will help provide a bed and treatment for someone who is staying in our residential treatment services

€15

Your monthly gift of €15 will help us provide baby supplies and food for babies who are residing in our Mother & Child Programme at Ashleigh House.

€21

Your monthly gift of €21 will help us provide for our client's medical needs and help fund our detox programme.

[REGISTER](#)

We're excited to announce a new donation tool to make the most of your spare change! Change Donations makes it easy to round up your digital change to support us. Signing up is easy.

spare the difference.
make a difference.



Buy a coffee for €2.70 and that €0.30 goes to support our efforts. You can set round-up limits, support multiple causes & more. Together, we can add a little generosity to our busy lives without skipping a beat. Signing up is free & only takes minute, but the positive impact you make will last a lifetime.

[REGISTER](#)



COOLMINE PARTNERS



We are so fortunate to have meaningful partnerships with several corporate and community groups. Our corporate partners are our lifelines. Our clients have benefited from their financial support, service supports, supplies of essential goods throughout this difficult period of Covid19. Our heartfelt thanks to all of you who supported our Easter raffle, as well as our first annual "Coolmine Opens Doors" Christmas Campaign.

GET INVOLVED



OUR WISH LIST

We dream big at Coolmine on behalf of our clients. In the past these dreams have become reality thanks to our donors and corporate partners and we are hoping this can happen again.

Our Community, Day and Residential Services support over 1500 individuals per year. We require your support to ensure we provide a safe and welcoming environment across all our services. In addition, the Covid-19 pandemic has brought about a new safety awareness for us all, in our home, work and everyday environments.

In Coolmine, since early March 2020, we have been working hard to mitigate the risk of exposure to Covid-19 for our clients, their children and families and our staff. Our vital services have not stopped and this remains challenging for us.

ITEMS WE CURRENTLY NEED AS A MATTER OF URGENCY:

WEAR & TEAR

ITEMS THAT NEED
REGULAR REPLACING

BEDDING

TOWELS

KITCHENWARE



OFFICE

OFFICE CHAIRS

DESKS

WEBCAMS

LAPTOPS



HORTICULTURE

OVERALLS

ROOTS

PLANTS

SEEDS



LOGGING

UPGRADES

FLOORING

WINDOWS

BEDDING

THANK YOU



CONTACT US

For more information about the work of Coolmine or to offer us your support please contact:

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